

Weekly Workout: Skills Week 3/5

11/7/2011		Novice		Intermediate		Advanced	
Day	Time	Comp	Set	Comp	Set	Comp	Set
Mon	4:30	DL	Same ==>	DL	Same ==>	DL	Review BR Drills Video
	4:45	K	3x(25,50) FR on 1:45/50 pace	K	2x(25,50,100,50,25) FR on 1:20/50 pace	K	2x(50,100,200)FR on 1:00/50 pace
	5:00	SWBR	4x50 Kick Hands Front/Back on 2:00	SWBR	7x50 Kick Hands Front/Back on 1:45	SWBR	9x50 Kick Hands Front/Back on 1:30
	5:15	SWBR	4x50 alt 1" air 3cnt and BR on 1:45	SWBR	9x50 alt 1"air 3 cnt and BR on 1:30	SWBR	11x50 alt 1" air 3cnt and BR on 1:15
	5:30	BR	4x50 BR on 1:45	BR	4x100 BR on 2:15	BR	5x100 BR on 2:00
	5:45	K	3x100 K BR on 3:00	K	3x100 K BR on 3:00	K	4x100 K BR on 2:30
	6:00	BR	5x50 BR on 1:45	BR	2x150 Br on 3:30	BR	2x200 BR on 4:00
	6:15	SP	3x25 BR SP	SP	3x50 BR SP	SP	4x50 BR SP
	Yards			950		2450	
Tues	4:30						
	6:15						
	Yards						
Wed	4:30	DL	Same ==>	DL	Same ==>	DL	Review FL Drills Video
	4:45	K	6x50 FR/FL on 2:30	K	4x100 FR/FL on 3:30	K	6x100 FR/FL on 2:30
	5:00	SWBR	2x(50 Kick hands front/back, 50 1"air 3cnt) on 2:00	SWBR	3x(50 Kick hands front/back, 50 1"air 3cnt) on 1:45	SWBR	4x(50 Kick hands front/back, 50 1"air 3cnt) on 1:30
	5:15	BR	4x50 BR on 1:45	BR	6x100 BR on 2:00	BR	8x100 BR on 1:45
	5:30	K	8x50 BR/FL on 1:40	K	8x50 BR/FL on 1:40	K	10x50 BR/FL on 1:25
	5:45	SWFL	2x50 K FL Side, 2x50 RaLaBa	SWFL	3x50 K FL Side, 3x50 RaLaBa	SWFL	4x50 K FL Side, 4x50 RaLaBa
	6:00	FL	2x50 FL/FR on 2:00	FL	4x50 FL/FR on 1:45	FL	6x50 FL/FR on 1:30
	6:15	SWST	Same ==>	SWST	Same ==>	SWST	Dive Progression, blocks
	Yards			1000		2200	
Thur	4:30						
	6:15						
	Yards						
Fri	4:30	DL	Same ==>	DL	Same ==>	DL	Cardio Set
	4:45	K	4x100 BR/FL on 4:00	K	5x200 BR/FL on 6:00	K	6x200 BR/FL on 4:45
	5:00	K		K		K	
	5:15	SWBR	4x25 1"air on 1:00	SWBR	4x(50 1"air with 3 cnt, 50 BR) on 1:45	SWBR	5x(50 1"air with 3 cnt, 50 BR) on 1:30
	5:30	BR	3x50 BR on 1:45	BR	4x100 BR on 2:00	BR	4x100 BR on 1:45
	5:45	SWST	Same ==>	SWST	Same ==>	SWST	Dive Progression, blocks
	6:00	BR	2x50 BR slow motion on 1:45	BR	5x50 BR slow motioin on 1:30	BR	6x50 BR slow motion on 1:15
	6:15	G	Same ==>	G	Same ==>	G	Password
	Yards			750		2050	
			2700		6700		8600